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ABSTRACT

This annual report details the accomplishments of the Alaska Head Start Program for fiscal year 1995. It begins with a description of the principal components of the Alaska Head Start Program, focusing on economic development; community development; parent and family involvement; education, training, and career development; and comprehensive health services. The report provides brief descriptions of statewide Head Start support projects and initiatives, the Head Start State Collaboration Grant activities, the Health Start Dental Project, Family Wellness Project, Alaska Head Start Technical Support Assistance Center, and Project Pride. Head Start Program goals are outlined and a letter from a Head Start parent regarding partnerships with parents is presented. Presented in graphic or tabular format is information on the characteristics of children and families served by Alaska Head Start, program costs, and program locations. The report concludes with an executive proclamation by the Alaskan governor declaring October 11, 1995 as Alaska Head Start Day. (KB)

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Alaska
Head Start

A Federal, State and Community Program

Annual Report for 1995

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Alaska Head Start Program
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WHAT IS HEAD START?

Head Start is a community and economic development program that provides comprehensive services for young children and their families.

Head Start is most commonly thought of as a "preschool program for poor kids so that the children will be prepared to enter kindergarten at age 5." Helping children enter public school "ready to learn" is certainly one of the goals of Head Start; but, it is one among many.

Head Start is a program that provides a wide range of services to children and families; contributes to the well-being of the communities it serves and invests its resources in the future of the state. The principle components of the Alaska Head Start Program include:

- economic development
- community development
- education services for children, families, staff
- parent and family involvement
- comprehensive health services for children and families that include
  - physical, dental, nutrition, immunizations, health
  - screenings/referrals/treatment
  - special needs assessments and treatment,
  - emotional and mental health services
- career development and job training for parents and staff

Economic Development

There are 90 Head Start Programs located in 88 Alaskan communities serving 3,259 children and their families. These programs are funded through state Head Start funds ($5,937,530), federal Head Start funds ($12,454,130), community investments ($2,815,473), federal food program funds ($615,525), other program funds ($159,480), as well as volunteer time and in-kind support.

During FY 95, approximately *22 million dollars was invested in Head Start communities*. Head Start funds that go into a community stay in the community. Head Start funds pay for staff salaries, training and education; parent education and training; purchasing, renting and maintaining facilities; purchasing supplies, food and other items. Staff are hired from within the community, supplies are purchased from local stores and suppliers, facilities are cared for and maintained by community members and suppliers. Staff salaries stay in the communities to purchase services and supplies. For many rural Alaskan villages, Head Start is one of the main consistent employers. *The Alaska Head Start Program employees approximately 600 staff in Alaskan communities.*

Community Development

In addition to contributing to the local economy, Head Start programs actively contribute to the development and well-being

Alaska Head Start Program
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of their communities. Community members serve on governing boards for Head Start, volunteer time in classrooms and help to develop programs and services for children and families. Many community members who do not have children enrolled in the Head Start are actively involved in the program. *During FY-95, approximately 69,360 volunteer hours supported Alaska Head Start programs.* In many rural communities, the Head Start facilities have become a focal point for many community activities such as town meetings, recreation and gatherings. Because Head Start recruits staff and volunteers from within the community, the Head Start program reflects the language, culture and values of the community and serves as a comfortable model for the children and families enrolled in the program.

Parent and Family Involvement

An expectation of Head Start is that parents will be involved at some level in their child's Head Start activities, either at home, in the classroom or helping to develop and guide their Head Start program. Head Start is one of the only early childhood programs that has developed standards for parent and family involvement and requires each state and local program to meet those standards as a condition of funding. Decisions regarding staffing, funding, curriculum and program development are made first at the local parent committee level through the Parent Policy Council, a governing board of parents from Head Start programs. Parents may serve on the Policy Council, volunteer as classroom aides and helpers, support their child through home activities, or serve on the statewide Head Start Association representing parents, staff and friends of Head Start. Parents receive training and support to help them carry out volunteer goals and activities. For many parents, Head Start has provided their first opportunity for parent training, work experience, or serving on a committee or board. Their volunteer activities contribute to their self-esteem, work ethic, career development and their families well-being. Many parents have used Head Start as a beginning point for positive changes in their lives. *In FY 95, a total of 276 or 48% of the current Head Start staff in Alaska were at one time Head Start parents.*

Education, Training and Career Development

Head Start provides educational, training and career development opportunities for both program staff and parents.

Head Start staff and parents receive continuous training in health, early childhood development, curriculum development, Head Start program development, etc. A career ladder for early childhood education beginning with the Child Development Associate (CDA) certificate and continuing through an undergraduate and graduate degree; has been cooperatively developed by the Alaska Head Start Program, the University of Alaska, early childhood professional associations, the Head Start Technical Assistance Support Center, the Alaska Partners Project, and the Head Start Regional Resource Access Project (RAP). *In FY 95, 17 Head Start staff completed their CDA's and another 106 Head Start staff have completed their CDA's.*

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Comprehensive Health Services

All children enrolled in Head Start are required to have a comprehensive health screening, including mental and nutrition health screenings. These screenings assure the health and well-being of each child and alert parents and staff to problems that may require follow-up exams and treatment. As part of the comprehensive health program, children and parents are referred to a health care provider or social service program that will help them treat any problems. Children are screened for vision, dental, hearing, immunizations, special services that include disabilities, gifted, developmental needs, parenting and social/emotional well-being. Throughout the year, Head Start programs continue to promote the health and well-being of their children and families through ongoing education, monitoring, nutritious snacks and meals and in-classroom activities that include a variety of cultural foods.

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SUPPORTING THE ALASKA HEAD START PROGRAM

The core of Head Start in Alaska is each individual child and family served by the community Head Start programs. The programs are supported in their efforts by the 13 grantees that administer the programs within their regions. (see Head Start map in this report). In a continuing spiral, the grantees and their programs are supported by statewide projects, initiatives and committees/organizations that provide continuity, guidance, research and pilot model projects to enhance the on-going activities of Head Start.

Following are brief descriptions of the statewide Head Start support projects and initiatives.

The Alaska Head Start State Office and the Head Start State Collaboration Project

In October of 1992, the U.S. Department of Health and Human Services awarded a five year Head Start State Collaboration Grant to the State of Alaska. The Grant is administered through the Department of Community and Regional Affairs, State Head Start Office. The grant is currently entering it's fourth year. One of the main goals of the Grant is to support and promote partnerships between communities, government, policy makers, schools, business and private organizations that provide services to children and families.

During the coming year, the State Head Start Office and the Collaboration Project activities will include:

- providing staff support and program development guidance for
  - Planning for the 1996 Children's Summit
  - Alaska Partners Project - to design a statewide training ladder for early care educators
  - Statewide Memorandum of Understanding between WIC, Head Start
  - Support for 0-8 Governor's Childrens Cabinet Initiatives
- providing staff support for
  - Alaska Interdepartmental Committee for Young Children
  - Oral Health Working Group
  - EPSTAT Advisory Committee
- publication of the Collaboration Newsletter, *Alaska's Children*
- updates and additions to the *Resource Guide for Programs and Services for Young Children and their Families*, published in 1993
- providing staff support and technical assistance to
  - Head Start TASC Advisory Committee
  - Alaska Head Start Association
  - Alaska Head Start Directors Association
  - Joint state and federal monitoring and technical assistant for the
  - Alaska Head Start Grantees
  - Technical support for the State Head Start Bulletin Board and

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- Child Plus III Management Information Systems

In addition to these activities, the Alaska Head Start program will continue to support and develop specific Head Start projects that enhance the comprehensive services provided to all children and families in the state. These projects include:

The Health Start Dental Project to help rural and native Alaska families and communities identify and strengthen their resiliency to harmful stressors unique to their cultures and environments.

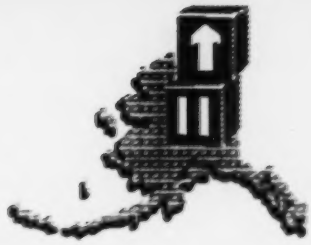
The Family Wellness Project to help families and communities prevent dental and related health problems.

The Alaska Head Start Technical Support Assistance Center that provides statewide training and support for Head Start health coordinators in prevention and intervention.

Project Pride a school transition project that provides comprehensive Head Start services to Head Start children and families as they move into the public school system

The chart on the following page illustrates the Alaska Head Start support network.

Alaska Head Start



U.S Department of Health and Human Services

Alaska Governor's Office

Department of Community and Regional Affairs
Division of Community and Rural Development
Head Start Office

Alaska Head Start State Collaboration Grant

State Head Start

- State HeadStart Association
- Head Start Director's Assoc.
- Alaska State Head Start grants
- joint program reviews with Region X, AIPB
- Division Meetings

Governor's Program

- Children's Initiatives
- Children's Cabinet

National Head Start

- Region X
- Region XI
- R.A.P.
- T.A.S.C.

State Family and Children's Services Collaboration

- Child Care
- JOBS, WIC, CCF
- Maternal, Child Health
- Education
- Community Planning
- Public Health Nursing
- Family Preservation
- Americorp
- Literacy

State Children's Projects

- Child Health Plan
- Oral Health
- EPSDT
- Alasks Partners
- Children's Summit
- State H.S. Bulletin Board
- Program Information Report
- M.O.A.s
  - WIC
  - Disabilities

Publications

- *Alaska's Children* Newsletter
- Resource Guide for Programs and Services for Young Children
- Head Start year end Report

State Committees/Groups

- Alaska Interdepartmental Committee for Young Children
- Legislative Children's Caucus
- State School Board

Alaska's Children and Families

National Head Start
Collaboration Network
22 States in 1995

11/28/95

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HEAD START PROGRAM GOALS

The National Head Start program began as an eight week summer program in 1965. From its modest beginnings in unused public school rooms and church basements in both urban and rural settings, Head Start grew into a year-round, comprehensive development program for children and families. Head Start is one of the few remaining and successful social programs to come out of the 60's. Today, the Alaska Head Start Program serves 3, 259 children and their families.

The long-term success of Head Start is evident not only from the continued support for the program, the longitudinal studies that demonstrate its effectiveness, but from the growing number of national, state and local children's service programs that are integrating Head Start goals, standards and model programs into their own operations.

The success of Head Start can be attributed to a variety of reasons. The foundation of the Head Start program is, however, the Head Start Program Performance Standards that have been in use since 1984. Compliance with the Performance Standards is a required condition for both state and federal Head Start funding. In communities from Savoonga to Metlakatla, Head Start creates culturally and developmentally appropriate programs that reflect parents concerns for their children and meet the Performance Standards.

The Head Start Performance Standards begin by setting down the goals for the program. These goals need no further explanation of their value other than to restate them.

Section 1304.1-3 HEAD START PROGRAM GOALS

(a) The Head Start Program is based on the premise that all children share certain needs, and that children of low-income families, in particular, can benefit from a comprehensive developmental program to meet those needs. The Head Start Program approach is based on the philosophy that:

(1) A child can benefit most from a comprehensive interdisciplinary program to foster development and remedy problems as expressed in a broad ranges of services, and that

(2) The child's entire family, as well as the community must be involved. The program should maximize the strengths and unique experiences of each child. The family, which is perceived as the principal influence on the child's development, must be a direct participant in the program.

(b) The overall goal of the Head Start Program is to bring about a greater degree of social competence in children of low-income families. By social competence is meant the child's everyday effectiveness in dealing with both present environment and later responsibilities in school and life. Social competence takes into account the interrelatedness of cognitive and intellectual development, physical and mental health, nutritional needs, and other factors that enable a developmental approach to helping children achieve social competence. To the accomplishment of this goal, Head Start objectives and performance standards provide for:

(1) The improvement of the child's health

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and physical abilities, including appropriate steps to correct present physical and mental problems and to enhance every child's access to an adequate diet. The improvement of the family's attitude toward future health care and physical abilities.

(2) The encouragement of self-confidence, spontaneity, curiosity, and self discipline which will assist in the development of the child's social and emotional health.

(3) The enhancement of the child's mental processes and skills with particular attention to conceptual and communications skills.

(4) The establishment of patterns and expectations of success for the child, which will create a climate of confidence for present and future learning efforts and overall development

(5) An increase in the ability of the child and the family to relate to each other and to others.

(6) The enhancement of the sense of dignity and self-worth with the child and their family.

In Alaska, a strong partnership between communities, families, state and federal Head Start programs, has given children and families a quality Head Start in life.

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Partnerships with Parents

One of the most significant partnerships that any program serving children and families can form are partnerships with parents. If parents are involved in program planning, participate in decision making processes and have a clear understanding of their strengths and responsibilities; programs will be successful in creating positive and lasting outcomes for children and families.

One of the basic components of the Head Start program is the inclusion of parents and families in every aspect of the program and it is one of the major reasons for Head Start's continued success.

Anne Velardi, a Head Start parent, agreed to share their thoughts on the importance, value and need for authentic parent involvement in the following letter. Anne and her children have been involved in Head Start for the last three years. They are members of the Chugiak Children's Services Head Start program in Chugiak. Anne has served as President of the Policy Council and is currently a member of the Board of Directors of the program. Charlie Johanson is the Director of the Chugiak Children's Services Head Start Program.

November 1993

Dear Staff,

Charlie has asked me to say a few words to you about the importance of Parent Involvement.

One common misperception of Head Start is that "it gets poor children ready for kindergarten." Certainly, this is one goal of the program, but it reduces us to the level of a preschool. Head Start is not merely a preschool.

What are the results if we treat our program as a preschool program? The most obvious result is that we view children as the main focus of the program. Head Start is not a program for children, it is a program for families.

In the Head Start Manual, Section 70.2, it states, if parents are not involved in making decisions about the program, '"... the goals of Head Start will not be achieved and the program itself will remain a creative experience for the preschool child in a setting that is not reinforced by needed changes in social systems into which the child will move after his Head Start experience." Translated from federalese, this means without parent involvement, the child will have a pleasant preschool experience but nothing will change is his life. I believe that for some children, life will become more frustrating. They will see the different, perhaps healthier ways of doing things, but those closest to them will not have changed.

For families, a valuable learning experience will have been lost. Perhaps they to will glimpse a different way of doing things, but they will not have learned how to translate ideas into action.

Is it presumptuous of us to think we can make such a diffference in people's lives? A parent who learns at Head Start that they ¢an have input in their child's education is a parent who can challenge the school system. A parent who helps organize activities for parents learns they can organize their own lives.

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We cannot and should not change peoples lives for them, but we can empower them to change their own lives, if they so choose. As they take control of their own lives, they will begin to change the world around them.

How do we translate the concept of Parent Involvement into a reality and what part does the staff play? There are four levels of effective parent participation in the Head Start program-making decisions about the nature and operation of the program, participation in the classroom, helping develop activities for parents, and working with their own children in cooperation with staff.

The first level, making decisions about the nature and operation of the program, is not always easy for staff to implement.

It is sometimes hard for the professionals to yield control and share responsibility with the parents. The professionals have years of experience, education and training. They have devoted their working lives to this and similar programs. They have a wide perspective on related issues that parents may not share. How could the parents make as well informed a decision as the staff?

Many parents in this program have little or no experience in making informed reasoned decisions about their lives or their children's lives. Learning to make decisions and how to implement them is the most valuable lesson that Head Start can teach parents. If they make mistakes, that is part of the lesson also. No one can change their life if they cannot plan a course of action and follow through on that plan.

How can staff help parents make responsible decisions about our program? First, by making available to parents the information, education, and training needed to make quality decisions. Secondly, by truly sharing decisions making power with parents rather than merely getting parents to agree with staff. Thirdly, by respecting and implementing the decisions parents do make.

On the everyday level, listen and acknowledge parent's voices. Don't automatically justify the way things are done. Admit there may be other ways of doing things. Implement suggestions if possible. Don't assume staff knows best.

When parents volunteer in the classroom, help them to feel needed. Make them a part of your team, rather than your helper. Again, encourage suggestions about the way things are done.

When planning programs, don't plan programs for parents but with them. Survey parents to find out what they feel they need, rather than what staff thinks they need. Find ways to do things at the times they will be utilized, not the times convenient for staff. Help parents to translate their ideas into concrete reality. This is the essence of empowerment.

When working with parents and their own children, don't be an expert on their children. Show the parent you have faith in his/her ability to parent his/her own child. Model the behavior you would have them adopt.

Most importantly, don't treat Parent Involvement as something we do for "their own good." Parent Involvement is about treating people with the dignity and respect they deserve, that all people deserve, and about changing our institutions so that they empower people to control their own lives.

I know that the staff at CCS shares these goals and I'm confident that this year will do more than ever before to further these goals.

Thanks for listening.

Anne

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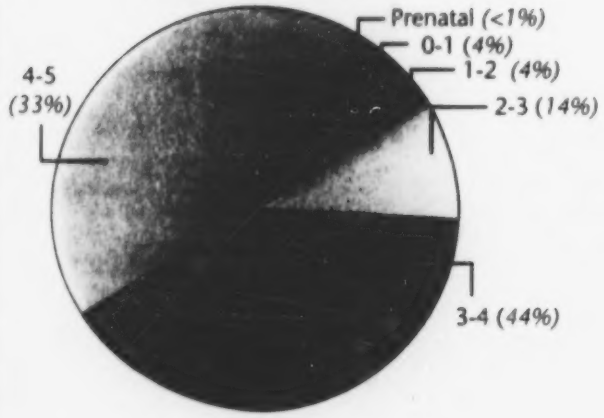
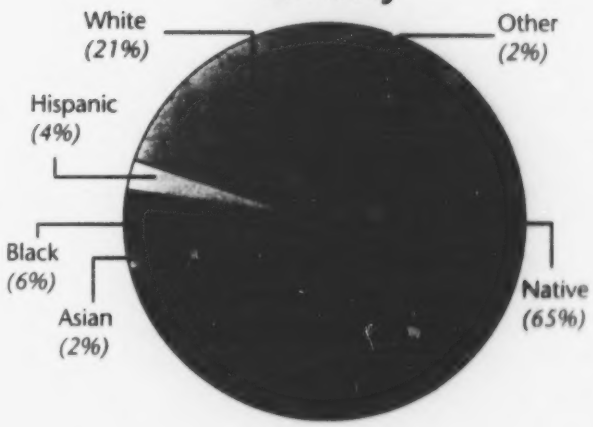
Who Do We Serve?

Ages of Children

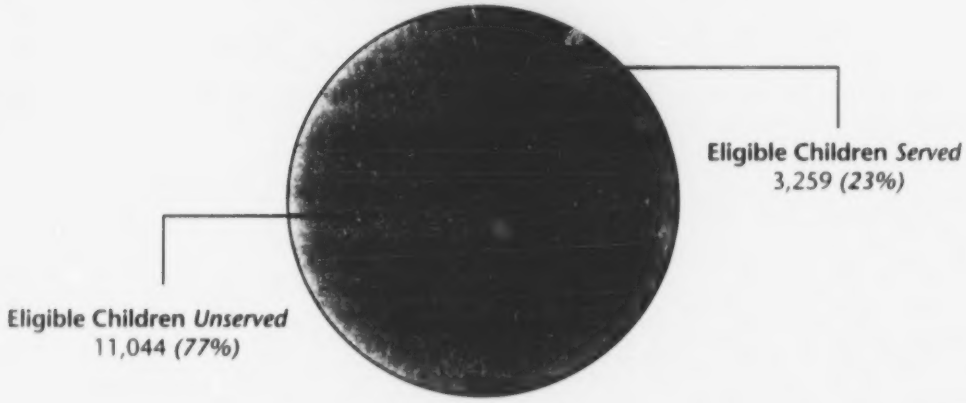


Ethnicity



Eligible Head Start Children

Total Children Ages 0-5 in Alaska = 47,905



Families/Communities Served

Families 2,974
Communities 88

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How Much Does It Cost?

Cost Per Head Start Family/Child for Comprehensive Services*

State	$1,822
Federal	$3,821
Community (in kind)	$864

Future Savings for the State

For every $1.00 invested per child, the State saves $4.75 in future costs of special education, public assistance and crime, so that:

The state spends $5.9 million and saves $28.2 million

Total Dollars Invested in Head Start Families and Children

State Share (27%)	$5,937,530
Federal Share (56%)	$12,454,130
Community (in kind) (13%)	$2,815,473
USDA (3%)	$615,525
Other (1%)	$159,480

** Comprehensive Services include*

- health services
- mental health/wellness
- nutrition
- physical
- parent involvement/education
- disabilities
- training, jobs, career development
- education

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	FY 91	FY 92	FY 93	FY 94	FY 95
Communities HS serves	68	75	78	88	88
State Share $	$4,772,509	$5,648,174	5,585,045	$5,613,378	$5,937,530
Federal $	$5,533,669	$7,011,565	8,498,281	$10,325,991	$12,454,130
Community $	$1,841,988	$1,883,339	2,241,876	$2,565,979	$2,815,473
State cost per child	**$2,168**	**$2,333**	**$2,042**	**$1,720**	**$1,822**
Federal cost per child	**$2,659**	**$2,896**	**$3,629**	**$3,761**	**$3,821**
Children served	2,081	2,421	2,645	3,020	3,259
Families served	1,967	2,138	2,377	2,730	2,974
Children at risk	**947**	**979**	**1,462**	**1,776**	**1,778**
Diagnosed handicap	**263**	**285**	**300**	**376**	**404**
Screened-medical	**1,613**	**1,787**	**1,870**	**1,864**	**2,100**
Screened-dental	**1,498**	**1,812**	**1,903**	**1,945**	**2,179**
Immunized	**1,763**	**2, 150**	**2,376**	**2,670**	**2,828**
HS staff	380	417	469	532	575
Staff is was parent	225	217	218	285	276
Bilingual staff	161	179	185	220	219
With CDA credentials	93	91	97	112	106
Age: Prenatal		38	23	12	12
0-1		75	100	145	119
1-2		96	85	120	138
2-3		148	163	224	465
3-4		920	1,012	1,231	1,440
4-5		1,144	1,262	1,290	1,085
Volunteer hours	44,710	59,574	66,487	73,759	69,360

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Alaska Head Start Programs

FY 96

KAWERAK
Brevig Mission
Diomede
Elim
Gambell
Golovin
Koyuk
Nome
St. Michael
Shaktoolik
Teller
Wales
White Mountain

RURAL-CAP
Alakanuk
Chevak
Emmonak
Haines
Homer
Hooper Bay
Hydaburg
Kake
Ketchikan
Kluti Kaah
Kodiak
Kotzebue
Kwethluk
Marshall
Mt. Village
Napaskiak
Noorvik
Savoonga
Selawik
Seward
Stebbins
Toksook Bay
Unalakleet

CHUGACHMIUT
Nanwalek
Port Graham

YUKON-KUSKOKWIM PARENT-CHILD PROG. RURAL CAP
Akiachak
Akiak
Kasigluk
Nunapitchuk
Pilot Station
Pitka's Point
St. Mary's

TANANA CHIEFS
Grayling
Holy Cross
Huslia
Kaltag
Koyukuk
McGrath
Nulato
Ruby
Tanana

CHUGIAK CHILDREN'S SERVICES
Big Lake
Chugiak
Houston
Palmer
Wasilla

ASSOC. OF VILLAGE COUNCIL PRESIDENTS
Akiachak
Bethel
Kalskag
Kasigluk
Kotlik
Pilot Station
Quinhagak
Scammon Bay
St. Marys
Tuluksak

TLINGIT & HAIDA CENTRAL COUNCIL
Angoon
Craig
Hoonah
Juneau
Klawock
Petersburg
Saxman
Sitka
Wrangell
Yakutat

UPPER TANANA PARENT-CHILD PROGRAM
Eagle
Northway
Tok

METLAKATLA INDIAN COMMUNITY
Metlakatla

BRISTOL BAY NATIVE ASSOCIATION
Dillingham
Manokotak
New Stuyahok
Togiak

KID'S CORPS, INC.
Anchorage+

SOUTHCENTRAL FOUNDATION
Anchorage+

RESOURCE CENTER FOR PARENTS & CHILDREN
Fairbanks+

FAIRBANKS NATIVE ASSOCIATION
Fairbanks+

9/23/95

16

17

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+ Indicates increase in children served

Alaska Head Start Program
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STATE OF ALASKA

Executive Proclamation
by
Tony Knowles, Governor

The week of October 9 -15, 1995, is National Head Start Week. October 11, 1995, is Alaska Head Start Day in commemoration of the national recognition.

Alaska Head Start is a comprehensive, developmentally, and culturally appropriate program for young children, prenatal to five. It nurtures and supports 3,259 children and their families in 88 communities across our state. Services are delivered through grants with 14 Native and non-profit organizations.

Alaska Head Start programs are supported by the Alaska Technical Assistance group, the Alaska Head Start Association, the Head Start State Collaboration grant, Project Pride transition grant, Model Wellness and Dental Projects. In addition, there is an association of parents, staff, friends, and directors serving as advocates.

Children are our most valuable resource. The idea, "It takes a whole community to raise a child" works in Head Start. In 1995, we thanked volunteers for 66,000 hours of service. Contributions from participating communities total three million dollars. Local hire, local control, and authentic parent involvement are the stars in Alaska Head Start's success. Fifty percent of credentialed and trained Head Start staff are or were Head Start parents.

NOW, THEREFORE, I, Tony Knowles, Governor of the State of Alaska, do hereby proclaim October 11, 1995, as:

Alaska Head Start Day

in Alaska, and encourage all Alaskans to join in recognizing the many fine contributions of the Head Start program to our communities and state.

DATED October 6, 1995

*Done by*___

Tony Knowles, Governor
who has also authorized the seal
of the State of Alaska
to be affixed to this proclamation.

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